

Almond Stuffed Bacon-Wrapped Dates

Scripps Treasure Coast Newspapers

*1 package (8 ounces) pitted dates
4 ounces almonds
1 pound thick-sliced bacon, cut in thirds
toothpicks, soaked in water for 15 minutes*

Preheat the oven to 400 degrees.

Slit the dates and place one almond inside each date.

Wrap the dates with a 1/3 strip of bacon for each date, hold together using the toothpicks.

Place the dates on a cookie sheet and bake for about 10 to 15 minutes or until the bacon is crisp and brown.

Serve warm.

Per Serving (excluding unknown items): 3305 Calories; 282g Fat (76.8% calories from fat); 161g Protein; 32g Carbohydrate; 13g Dietary Fiber; 386mg Cholesterol; 7258mg Sodium. Exchanges: 1 1/2 Grain(Starch); 21 1/2 Lean Meat; 1/2 Fruit; 43 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	3305	Vitamin B6 (mg):	1.2mg
% Calories from Fat:	76.8%	Vitamin B12 (mcg):	7.9mcg
% Calories from Carbohydrates:	3.8%	Thiamin B1 (mg):	3.1mg
% Calories from Protein:	19.4%	Riboflavin B2 (mg):	2.0mg
Total Fat (g):	282g	Folacin (mcg):	90mcg
Saturated Fat (g):	84g	Niacin (mg):	37mg
Monounsaturated Fat (g):	146g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	39g	Alcohol (kcal):	0
Cholesterol (mg):	386mg	% Refuse:	0%
Carbohydrate (g):	32g		
Dietary Fiber (g):	13g		
	161g		

Food Exchanges

Grain (Starch):	1 1/2
	21 1/2

Protein (g):
Sodium (mg): 7258mg
Potassium (mg): 3090mg
Calcium (mg): 359mg
Iron (mg): 11mg
Zinc (mg): 18mg
Vitamin C (mg): 153mg
Vitamin A (i.u.): 4IU
Vitamin A (r.e.): 1/2RE

Lean Meat:
Vegetable: 0
Fruit: 1/2
Non-Fat Milk: 0
Fat: 43
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 3305 **Calories from Fat:** 2537

% Daily Values*

Total Fat 282g	435%
Saturated Fat 84g	422%
Cholesterol 386mg	129%
Sodium 7258mg	302%
Total Carbohydrates 32g	11%
Dietary Fiber 13g	52%
Protein 161g	

Vitamin A	0%
Vitamin C	254%
Calcium	36%
Iron	63%

* Percent Daily Values are based on a 2000 calorie diet.